

The 20 precepts of Gichin Funakoshi

- #1 Never forget that karate begins and ends with respect.
- #2 There is no first attack in karate.
- #3 Karate fosters righteousness.
- #4 First know yourself and then know others.
- #5 Rather than physical technique, mental technique.
- #6 Let your mind roam freely.
- #7 Inattention and neglect causes misfortune.
- #8 Never think that karate is practiced only in the dojo.
- #9 Karate is a life long pursuit.
- #10 Everything you encounter is an aspect of karate: find the marvelous truth there.
- #11 Karate is like boiling water: if you do not keep the flame high, it turns tepid.
- #12 Do not think about winning; think about not losing.
- #13 Respond in accordance to your opponent.
- #14 Wage the battle with natural strategy.
- #15 Regard your hands and feet as sharp swords.
- #16 Step out the door and you face 10,000 foes.
- #17 Learn various stances as a beginner but then rely on a natural posture.
- #18 The kata must always be practiced correctly: real combat is another matter.
- #19 Never forget your own strengths and weakness, the limitations of your body, and the relative quality of your techniques.
- #20 Continuously polish your mind.